Catherine Lenain

Experienced Yoga Teacher · London, United Kingdom

Passport 2d768831-6110-11f1-96e3-0cc47a2a8154

Credentials current

Read from the YogaPros register 27 November 2026

QUALIFIED

Foundation training

YogaPros-accredited course · 8 more trainings

INSURED

Policy through YogaPros

Certificate on file · until 30 Apr 2027

RECORD

Catherine’s record.

Membership	Active	
Foundation	Accredited	2014
Insurance	On file	Until 30 Apr 2027

TRAINING

Qualifications.

QUALIFICATION	TRAINED BY	COMPLETED	HOURS	STATUS
Yoga Pros Verified Specialist Qualification	Yoga Pros	Oct 2025	20h	ACCREDITED
200hr Ashtanga-Vinayasa TTC – Apr 2019	Sampoorna Yoga Shala	Oct 2025		ACCREDITED
Intensive Sound Healing Training Integrative Vibrational Therapy (IVT)	Dimitri Miteff	Apr 2025	50h	VERIFIED
Vinyasa Flow Advanced Yoga Teacher Training Course	Jenni Hoessler, Rowena Johnson, Hayley Weiner, Vishwajeet Singh	Feb 2025	300h	VERIFIED
Siddha Holistic Therapist Healing Training Programme	Monica Roman	Dec 2024	300h	VERIFIED
Teaching Yoga and Mindfulness to Teens, London October 2020	Teen Yoga	May 2024	60h	ACCREDITED
Partner Acrobatics Teacher Training	Emily Baxter, David Worrow, Scott & Michaela, Ishine Gape, German Suarez, Sol Robles, Fer Lucino	Aug 2020	175h	VERIFIED
Special Yoga and Mindfulness for Autism & ADHD	Jo Manuel	Aug 2016	30h	VERIFIED
Yoga Bananas® 3-11 Years Children's Yoga TTC	Yoga Bananas	Jun 2015	40h	ACCREDITED

CREDENTIALS

What YogaPros has checked.

CHECK	RESULT	DETAIL	CHECKED	VALID UNTIL
Standing	**EXPERIENCED**	12 years and 2,250 hours taught since qualifying	—	—
Foundation training	**ACCREDITED**	200hr Ashtanga-Vinayasa TTC – Apr 2019 · Oct 2025	—	—
Insurance	**CURRENT**	Policy through YogaPros · certificate on file	—	30 Apr 2027
CPD	**975 H**	8 Development qualifications	—	—
Membership	**ACTIVE**	Joined over 7 years ago	—	—

HISTORY

Status history.

Oct 2025	Completed Yoga Pros Verified Specialist Qualification
Oct 2025	Qualified: 200hr Ashtanga-Vinayasa TTC – Apr 2019
Apr 2025	Completed Intensive Sound Healing Training Integrative Vibrational Therapy (IVT)
Feb 2025	Completed Vinyasa Flow Advanced Yoga Teacher Training Course
Dec 2024	Completed Siddha Holistic Therapist Healing Training Programme
7+ years ago	Joined the register

Scan for credentials

The QR code opens Catherine’s credentials on the YogaPros register: https://member.theyogapros.com/teachers/catherine-lenain?view=credentials

Statuses only. ID documents, insurance and first aid certificates, policy numbers and addresses are never shown.